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Wetherbee

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(54) **SELF-EXPLORATION THERAPEUTIC
ASSEMBLY AND METHOD OF USE**

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(51) **Int. Cl.**
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(52) **U.S. Cl.**
USPC **434/236**; 434/238

(58) **Field of Classification Search**
USPC 434/236–238
See application file for complete search history.

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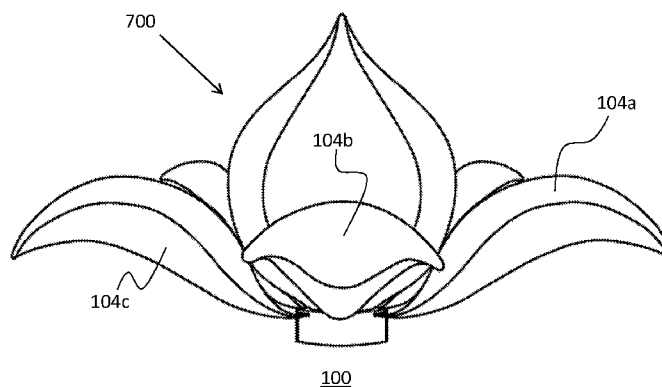
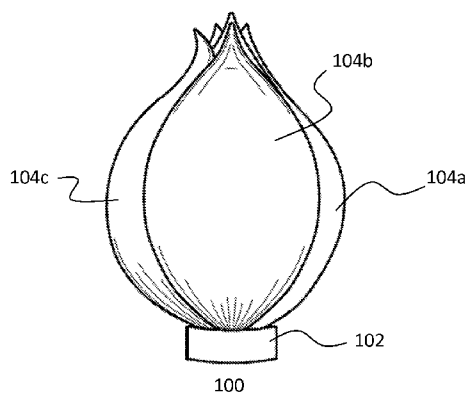
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(57) **ABSTRACT**

A self-exploration assembly includes a base and a plurality of petals each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation, the plurality of petals resemble a flower.

21 Claims, 8 Drawing Sheets



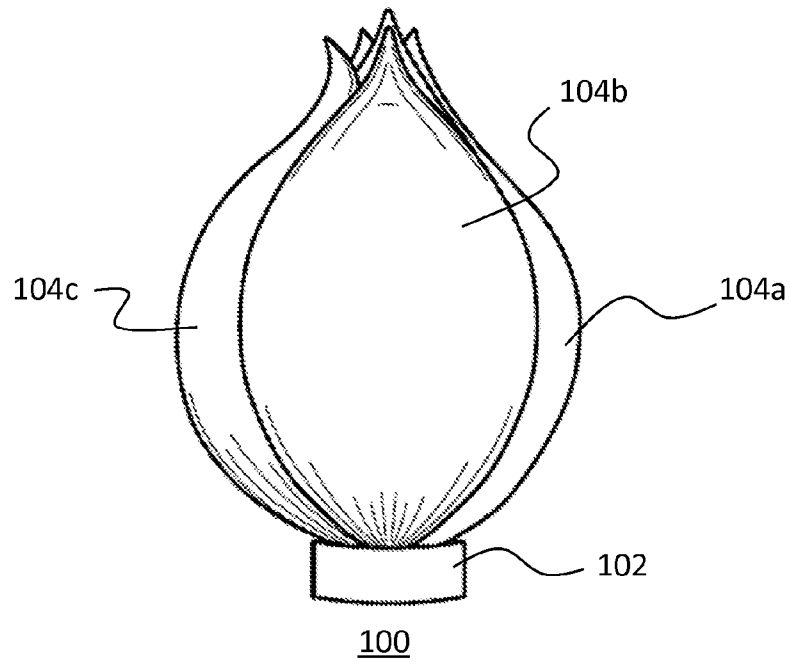


FIG. 1

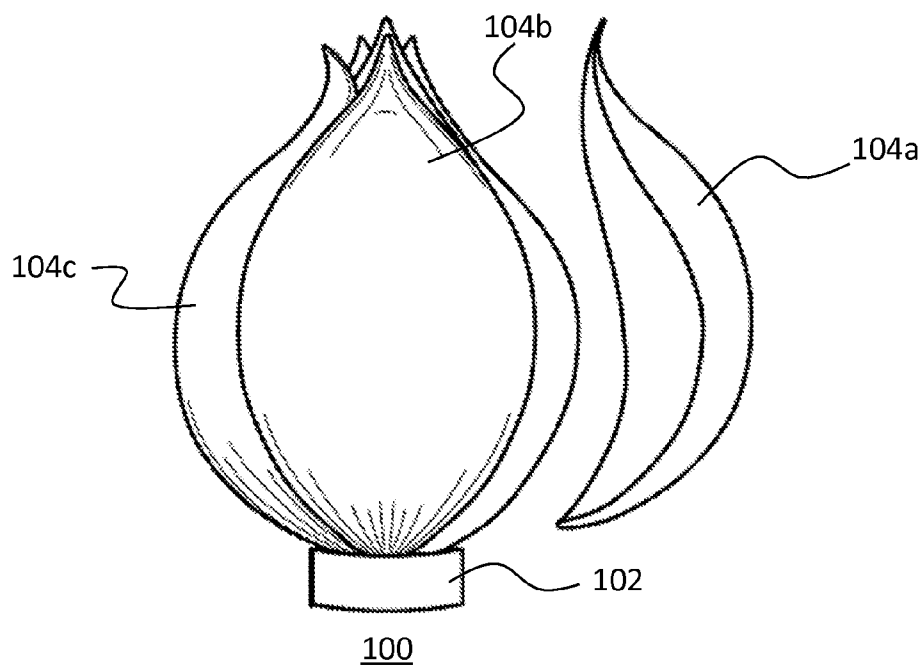


FIG. 2

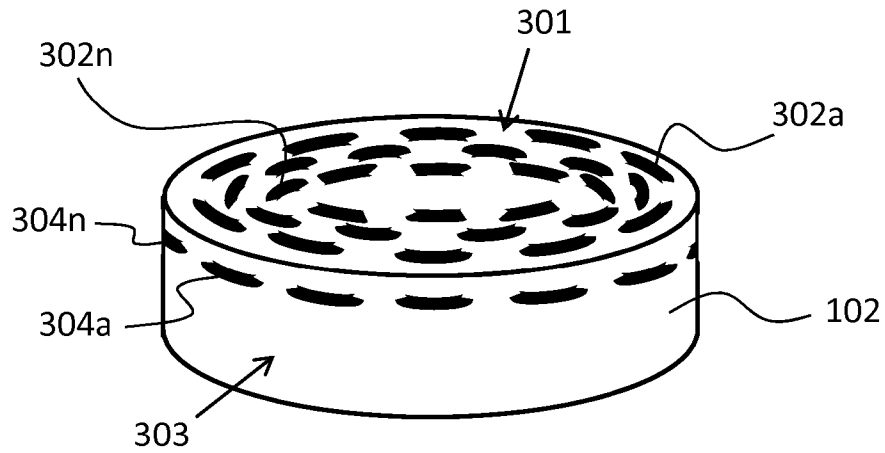
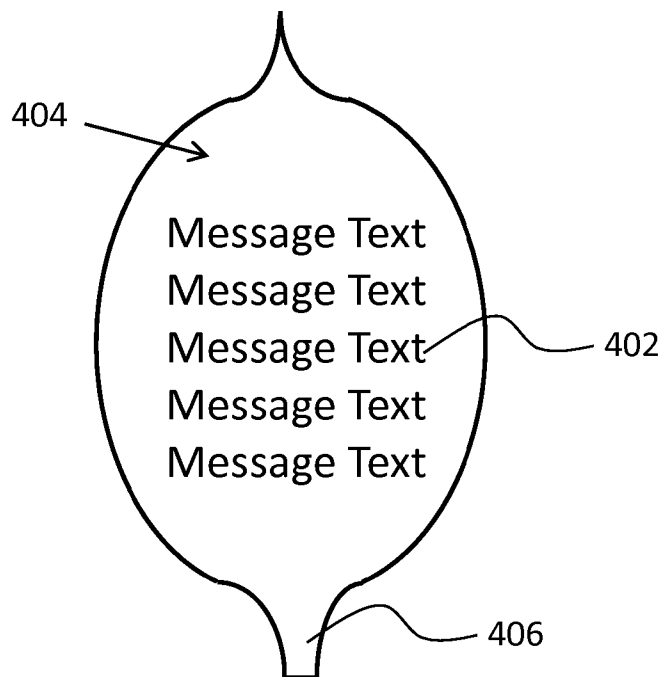
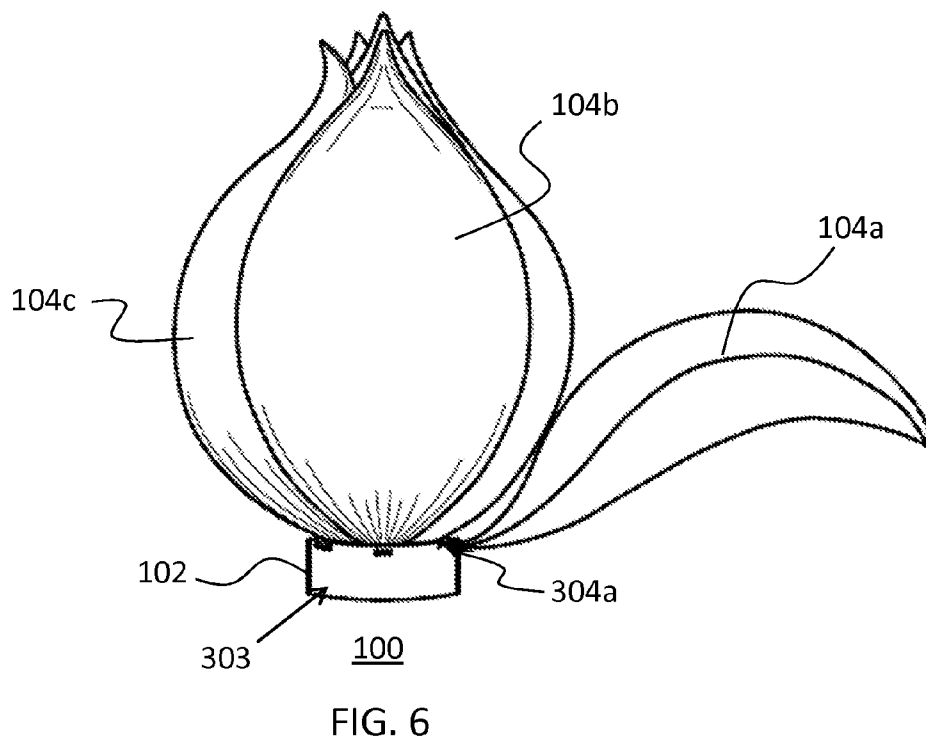
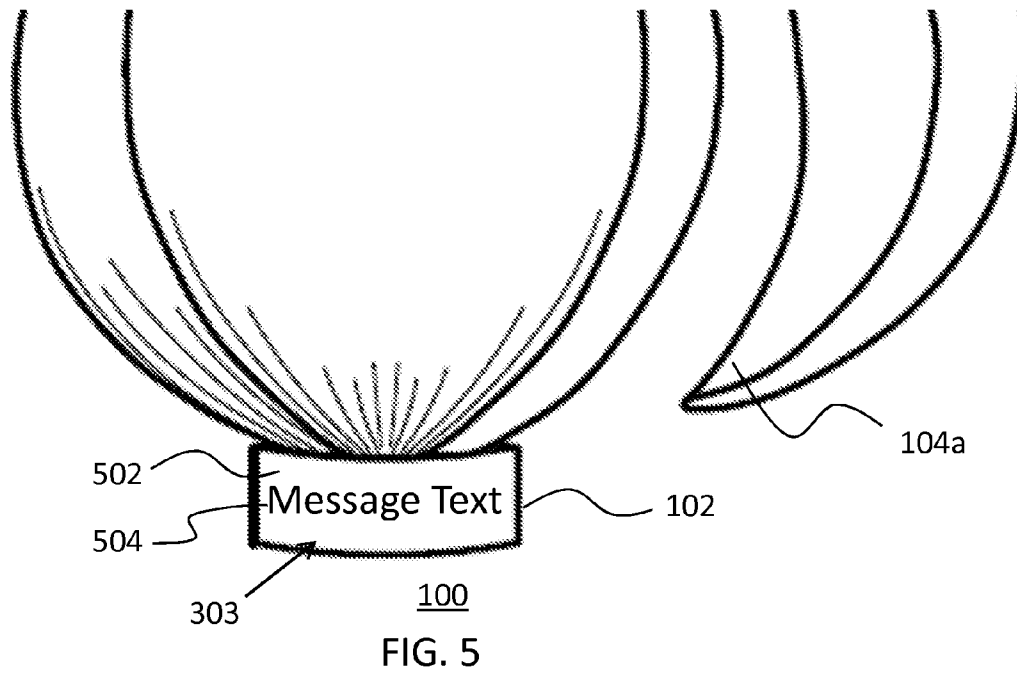
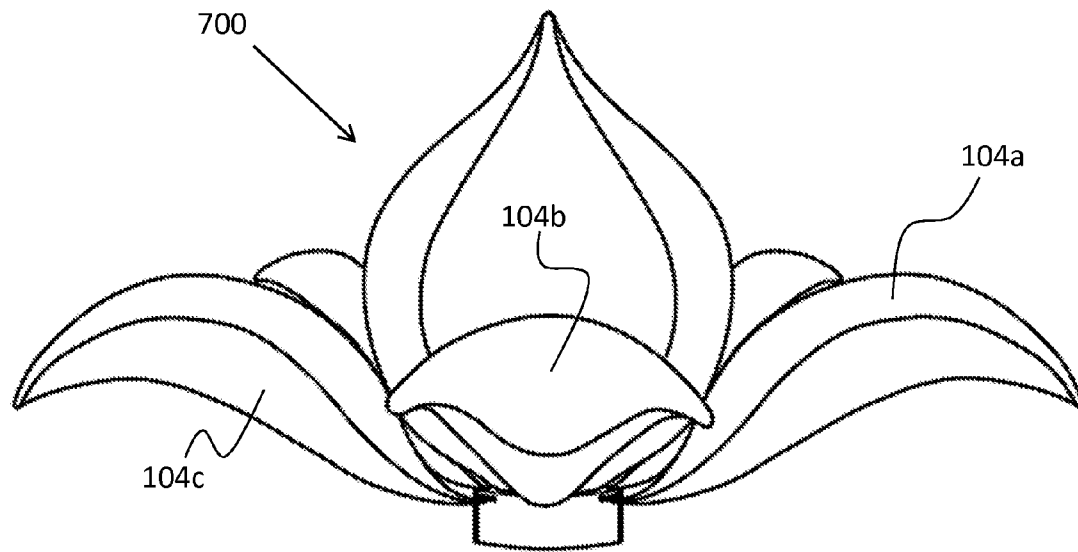


FIG. 3

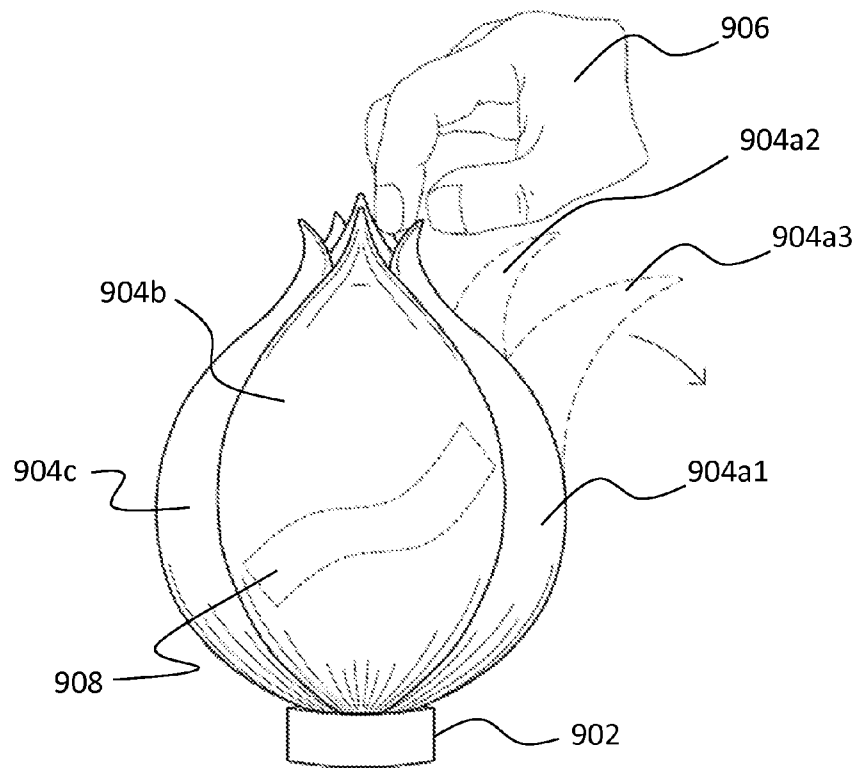


104a
FIG. 4





100
FIG. 7



900
FIG. 9

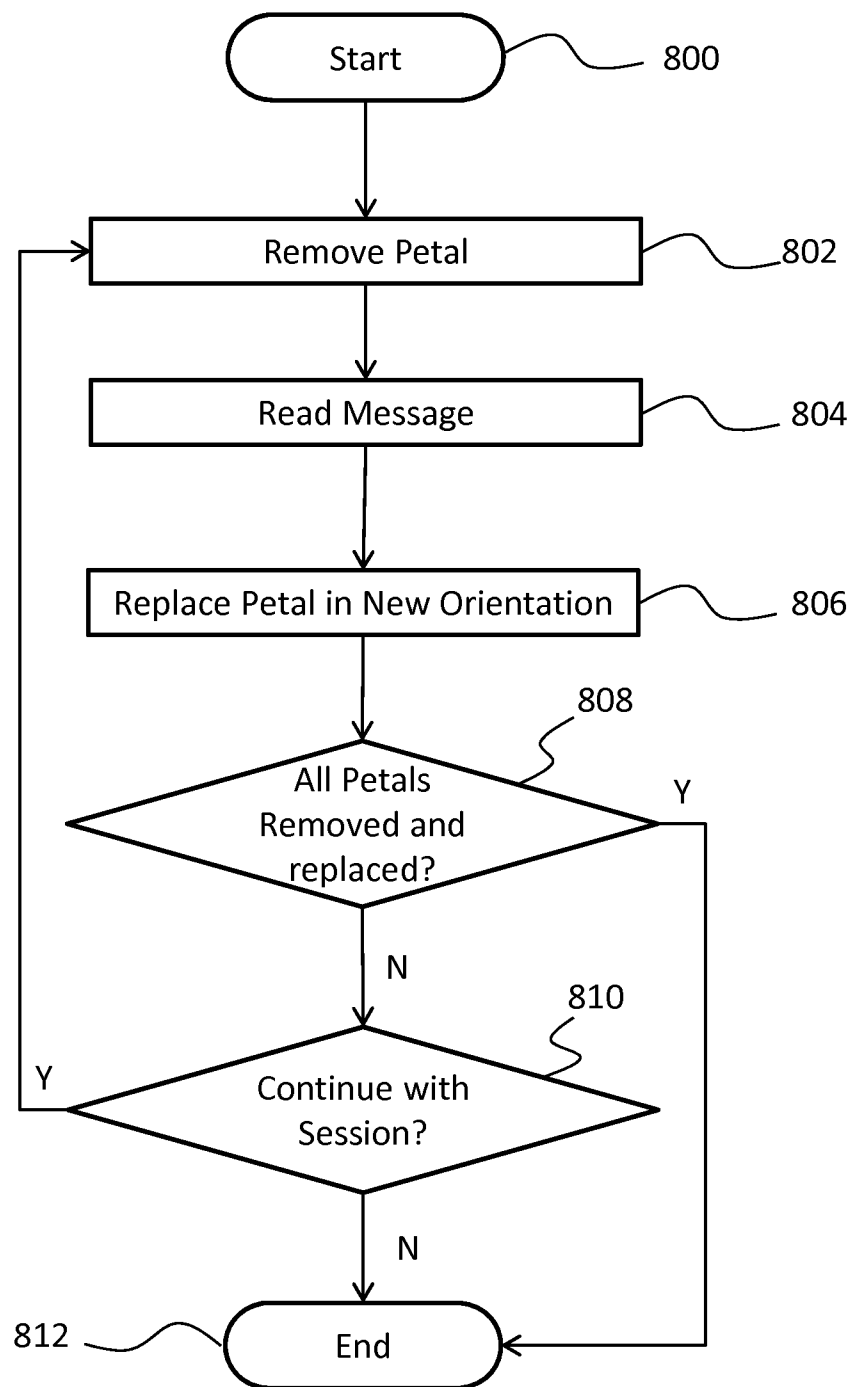


FIG. 8

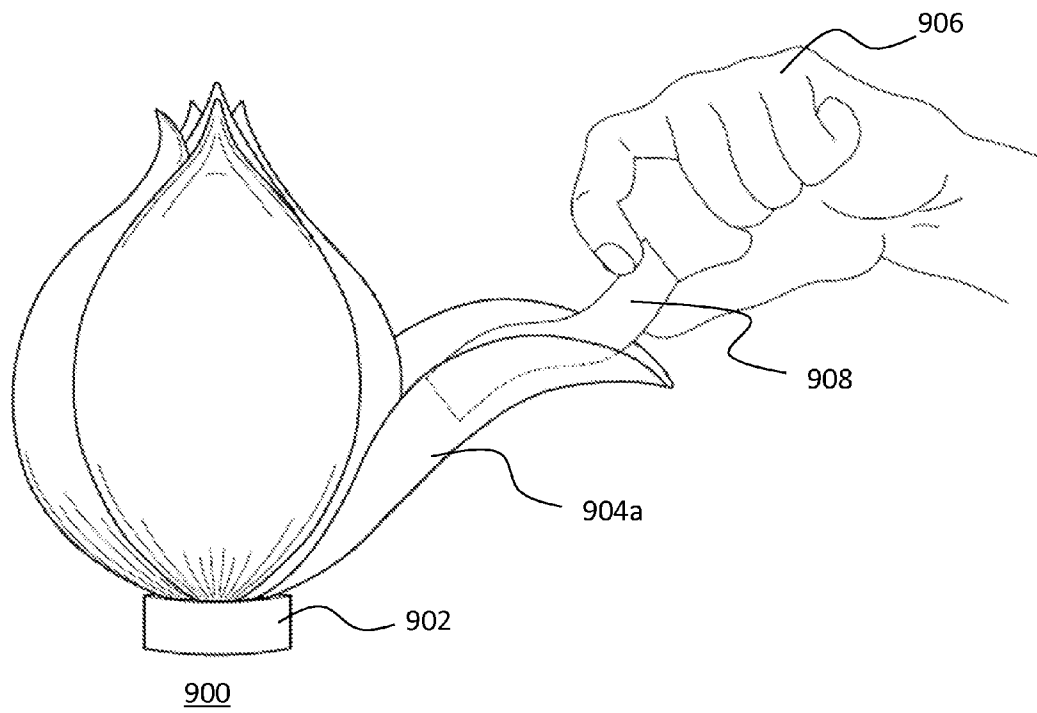


FIG. 10

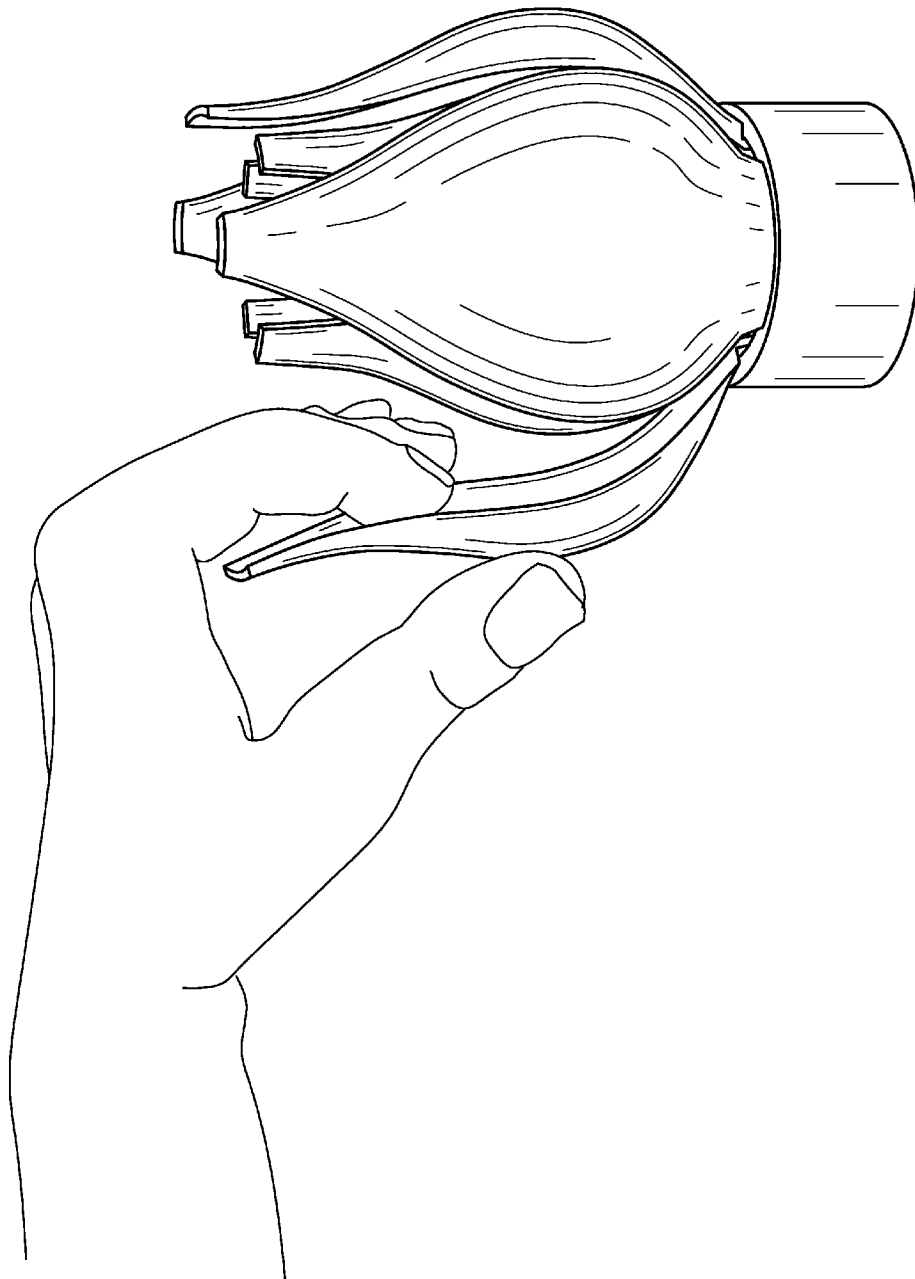


FIG. 11

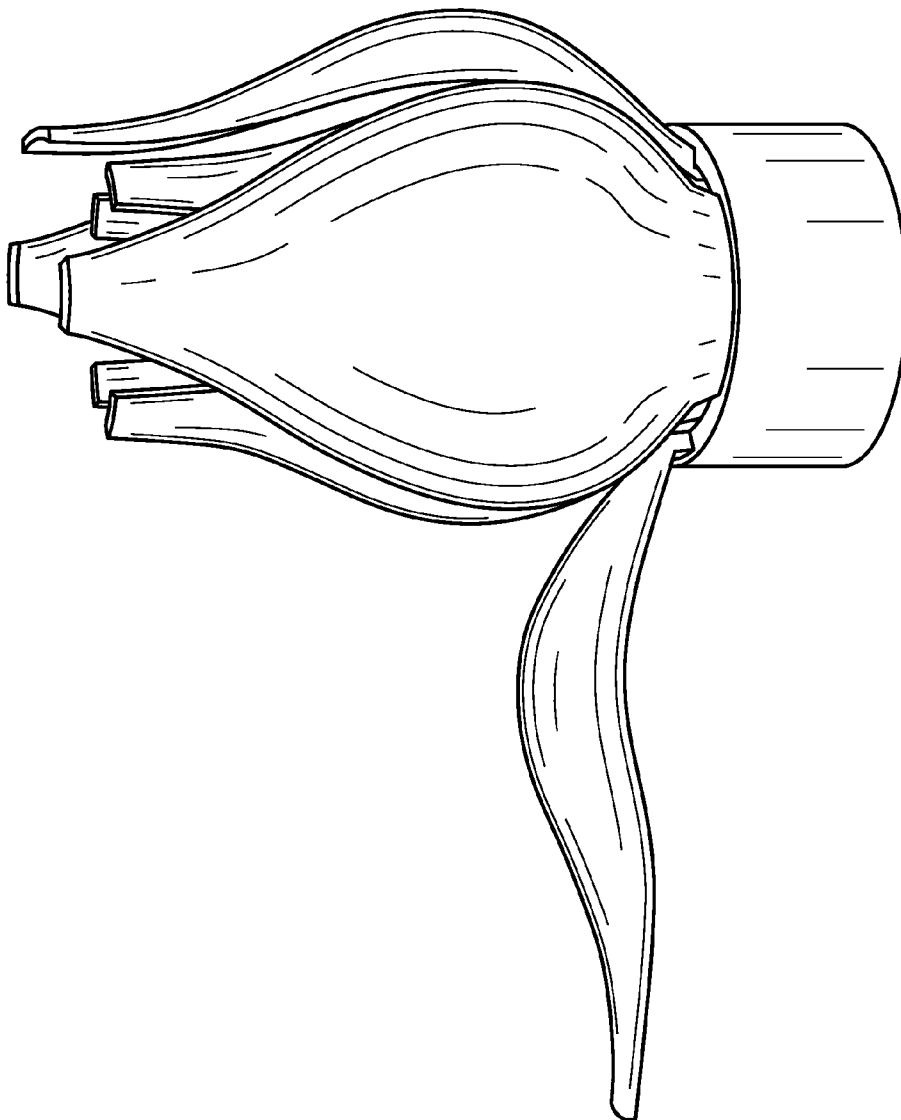


FIG. 12

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SELF-EXPLORATION THERAPEUTIC ASSEMBLY AND METHOD OF USE

FIELD OF THE INVENTION

The present invention relates generally to mental health therapy, and more particularly, relates to an onion-resembling assembly that leads a user along a path of self exploration where a flower-reassembly assembly is ultimately formed.

BACKGROUND OF THE INVENTION

Although there are many situations where individuals face mental barriers that keep him or her from doing what they should or would like to be doing or feeling, to date, no therapy has been shown to be completely effective. Examples of mental barriers include depression, addiction, obsessions, compulsions, mental disorders, and many more. Individuals suffering with one or more of these co-occurring disorders often feel helpless to overcome them, even though that may be far from the truth.

Over the years, therapists have developed many methods for assisting individuals in realizing that they have the ability to overcome the conditions that are negatively affecting their lives. Many of these therapies are focused on encouraging the individual to look at and think about themselves in a way that they have not in the past. These therapies are often referred to as self-exploration therapies.

Several such self-exploration therapies involve systematically inspiring the individual to contemplate certain aspects of themselves, their lives, their past, their future, aspects of others individuals, and many topics. These self-exploration topics are most frequently presented in list form in, for example, a book. Working through lists is frequently found to be unexciting and does not necessarily provide a goal that the participant can visualize. For this reason, many persons are unsuccessful in completing the list.

Numerous self-improvement programs teach a theoretical "onion" concept, where the participant figuratively systematically peels away layers of themselves before they can arrive at the root of the issue. However, figuratively performing therapies makes it easy to lose focus and is not as rewarding as physically manipulating an object. Peeling an actual onion, as is well known, is messy and causes eye irritation.

Therefore, a need exists to overcome the problems with the prior art as discussed above.

SUMMARY OF THE INVENTION

The invention provides a self-exploration therapeutic assembly that overcomes the hereinafore-mentioned disadvantages of the heretofore-known devices and methods of this general type and that presents a physical model of an onion with individual layers that can be removed to reveal a therapeutic message or exercise and replaced in a reverse orientation, whereby when all or several of the petals have been reversed, the model resembles a flower.

With the foregoing and other objects in view, there is provided, in accordance with the invention, a self-exploration assembly that includes a base and a plurality of petals each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation, the plurality of petals resemble a flower.

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In accordance with a further feature of the present invention, the first orientation is substantially between a 90 degree and a 180 degree rotation from the second orientation.

5 In accordance with yet another feature of the present invention, each of the plurality of petals comprises a message on at least one surface thereof.

10 In accordance with one more feature of the present invention, the base includes a plurality of receiving areas, each receiving area shaped to accept a portion of one of the plurality of petals.

15 In accordance with a feature of the present invention, the base includes an upper surface having a first group of the plurality of receiving areas and a side surface having a second group of the plurality of receiving areas.

20 In accordance with a further feature of the present invention, the second orientation includes a first group of the plurality of petals coupled to the first group of the plurality of receiving areas and a second group of the plurality of petals coupled to the second group of the plurality of receiving areas.

25 In accordance with another feature of the present invention, a first one of the receiving areas defines a first longitudinal axis and a second one of the receiving areas defines a second longitudinal axis, the second longitudinal axis being in a different plane than the first longitudinal axis.

30 In accordance with yet another feature of the present invention, the plurality of petals have a first shape when in the first orientation and a second shape different from the first shape when in the second orientation.

35 In accordance with another feature, an embodiment of the present invention includes a base defining a plurality of receiving areas and a plurality of petals each having a securing member shaped to couple to one of the plurality of receiving areas and each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation substantially opposite the first orientation, the plurality of petals resemble a flower.

40 In accordance with another feature, an embodiment of the present invention includes a method of conducting self-discovery, where the method includes providing a base and a plurality of petals each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation, the plurality of petals resemble a flower. The method further includes coupling each of the plurality of petals to the base in the first orientation, selectively removing a first one of the plurality of petals from the base, reading a message coupled to the first one of the plurality of petals, and coupling the first one of the plurality of petals to the base in the second orientation.

55 In accordance with a further feature of the present invention, the method further includes selectively removing a second one of the plurality of petals from the base, reading a message coupled to the second one of the plurality of petals; and coupling the second one of the plurality of petals to the base in the second orientation.

60 Although the invention is illustrated and described herein as embodied in a self-exploration therapeutic assembly, it is, nevertheless, not intended to be limited to the details shown because various modifications and structural changes may be made therein without departing from the spirit of the invention and within the scope and range of equivalents of the claims. Additionally, well-known elements of exemplary

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embodiments of the invention will not be described in detail or will be omitted so as not to obscure the relevant details of the invention.

Other features that are considered as characteristic for the invention are set forth in the appended claims. As required, detailed embodiments of the present invention are disclosed herein; however, it is to be understood that the disclosed embodiments are merely exemplary of the invention, which can be embodied in various forms. Therefore, specific structural and functional details disclosed herein are not to be interpreted as limiting, but merely as a basis for the claims and as a representative basis for teaching one of ordinary skill in the art to variously employ the present invention in virtually any appropriately detailed structure. Further, the terms and phrases used herein are not intended to be limiting; but rather, to provide an understandable description of the invention. While the specification concludes with claims defining the features of the invention that are regarded as novel, it is believed that the invention will be better understood from a consideration of the following description in conjunction with the drawing figures, in which like reference numerals are carried forward. The figures of the drawings are not drawn to scale.

Before the present invention is disclosed and described, it is to be understood that the terminology used herein is for the purpose of describing particular embodiments only and is not intended to be limiting. The terms "a" or "an," as used herein, are defined as one or more than one. The term "plurality," as used herein, is defined as two or more than two. The term "another," as used herein, is defined as at least a second or more. The terms "including" and/or "having," as used herein, are defined as comprising (i.e., open language). The term "coupled," as used herein, is defined as connected, although not necessarily directly, and not necessarily mechanically.

As used herein, the terms "about" or "approximately" apply to all numeric values, whether or not explicitly indicated. These terms generally refer to a range of numbers that one of skill in the art would consider equivalent to the recited values (i.e., having the same function or result). In many instances these terms may include numbers that are rounded to the nearest significant figure. In this document, the term "longitudinal" should be understood to mean in a direction corresponding to an elongated direction of the portion of the base, e.g., a receiving area, that couples to the petals. The terms "program," "software application," and the like as used herein, are defined as a sequence of instructions designed for execution on a computer system. A "program," "computer program," or "software application" may include a subroutine, a function, a procedure, an object method, an object implementation, an executable application, an applet, a servlet, a source code, an object code, a shared library/dynamic load library and/or other sequence of instructions designed for execution on a computer system.

BRIEF DESCRIPTION OF THE DRAWINGS

The accompanying figures, where like reference numerals refer to identical or functionally similar elements throughout the separate views and which together with the detailed description below are incorporated in and form part of the specification, serve to further illustrate various embodiments and explain various principles and advantages all in accordance with the present invention.

FIG. 1 is a side elevational view of a self-exploration therapeutic assembly that resembles an onion, in accordance with the present invention;

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FIG. 2 is a side elevational view of a the self-exploration therapeutic assembly of FIG. 1, with a petal separated, in accordance with the present invention;

FIG. 3 is a perspective view of a base of the self-exploration therapeutic assembly of FIG. 1, in accordance with the present invention;

FIG. 4 is an elevational view of petal with a message attached, in accordance with the present invention;

FIG. 5 is a partial close-up elevational view of a self-exploration therapeutic assembly with a display for displaying messages, in accordance with the present invention;

FIG. 6 is a side elevational view of a the self-exploration therapeutic assembly of FIG. 1 with the separated petal of FIG. 2 attached to the base in a second orientation, in accordance with the present invention;

FIG. 7 is a perspective view of a the self-exploration therapeutic assembly of FIG. 1 with several petals attached to the base in a second orientation so that the self-exploration therapeutic assembly resembles a flower, in accordance with the present invention;

FIG. 8 is a flow diagram illustrating a process for using the self-exploration therapeutic assembly of FIG. 1;

FIG. 9 is a side elevational partially-hidden view of a message concealed within a self-exploration therapeutic assembly that resembles an onion, in accordance with the present invention;

FIG. 10 is a side elevational view of the self-exploration therapeutic assembly of FIG. 9 with a petal moved to a different orientation to expose the previously-concealed message, in accordance with the present invention;

FIG. 11 is a perspective side view of the self-exploration therapeutic assembly of FIG. 1 with a user accessing a petal while the self-exploration therapeutic assembly resembles an onion in accordance with an embodiment of the present invention; and

FIG. 12 is a perspective side view of the self-exploration therapeutic assembly of FIG. 11 with the petal in a changed orientation after the user has turned the petal inside-out in accordance with an embodiment of the present invention.

DETAILED DESCRIPTION

While the specification concludes with claims defining the features of the invention that are regarded as novel, it is believed that the invention will be better understood from a consideration of the following description in conjunction with the drawing figures, in which like reference numerals are carried forward. It is to be understood that the disclosed embodiments are merely exemplary of the invention, which can be embodied in various forms.

The present invention provides a novel and efficient self-exploration therapeutic assembly that resembles an onion before its use and a flower after its use. Embodiments of the invention provide a base that removably secures a plurality of layers/petals that can be individually removed to reveal a therapeutic message or exercise. In addition, embodiments of the invention provide a base that is able to receive the layers/petals in an orientation that is substantially opposite from their original orientation within the base, whereby the reverse orientation of the layers/petals causes the assembly to resemble a flower.

Referring now to FIG. 1, one embodiment of the present invention is shown in a side elevational view. FIG. 1 shows several advantageous features of the present invention, but, as will be described below, the invention can be provided in several shapes, sizes, combinations of features and components, and varying numbers and functions of the components.

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The first example of a self-exploration therapeutic assembly **100**, as shown in FIG. **1**, includes a base **102**. Coupled to the base **102** is a plurality of layers/petals **104a-n**, where the number of layers/petals between “a” and “n” can be any number. Each layer/petal **104a-n** is shaped so that when the plurality of layers/petals **104a-n** are coupled to the base **102** in a first orientation, the first orientation being illustrated in FIG. **1**, the plurality of layers/petals **104a-n** together resemble an onion.

The following figures will be described in conjunction with the process flow chart of FIG. **8**. The process of FIG. **8** begins at step **800** and moves directly to step **802**, where a user removes a first layer/petal **104a** from the base **102**. This step is illustrated in FIG. **2**, where the first layer/petal **104a** is separated from the base **102**.

One embodiment of the base **102** is shown in the perspective view of FIG. **3**, where the base **102** is shown provided with a plurality of receiving areas **302a-n** on an upper surface **301**, where the number of receiving areas **302** between “a” and “n” can be any number. In this embodiment, the receiving areas **302a-n** are shown as simple slots formed within the base **102** and each receiving area **302a-n** is shaped to accept a portion **406**, shown in FIG. **4**, of one of the plurality of layers/petals **104a-n**. The receiving areas **302a-n** are not limited, however, to slots. The receiving areas **302a-n** can be raised areas that insert within recessed areas of the layers/petals **104a-n**. The receiving areas **302a-n** can also be structures that are neither raised nor recessed, for instance, magnets that magnetically receive and hold magnets of opposite polarity on the layers/petals **104a-n**, VELCRO, and any other. The base **102** is also shown as including a plurality of receiving areas **304a-n** on a side surface **303**, where the number of receiving areas **304** between “a” and “n” can be any number. The receiving areas **302a-n** on the upper surface **301** and the receiving areas **304a-n** on the side surface **303** face in different directions. That is, the receiving areas **302a-n** on the upper surface **301** can be thought of as having a longitudinal axis that is along the direction in which its corresponding petal **104a-n** would attach to the receiving area **302a-n**. Similarly, the receiving areas **304a-n** on the side surface **303** can be thought of as having a longitudinal axis that is along the direction in which its corresponding petal **104a-n** would attach to the receiving area **304a-n**. As will be described and shown, particularly, in FIG. **7**, the longitudinal axis of the receiving areas **302a-n** on the upper surface **301** are in a different plane than the longitudinal axis of the receiving areas **304a-n** on the side surface **303**.

In step **804**, the user reads a message **402**, an example of which is shown in FIG. **4**, that is provided on a first side **404** of the removed layer/petal **104a**. The message can be anything, including pictures, symbols, and text that causes the user to think or ponder some thought, concept, question, memory, or the like. For example, the message can be stories, questions, prayers, metaphors, poems, exercises, thoughts, or anything else that causes a user to engage in thought and, preferably, some sort of self-exploration. As a more detailed example, the message could be “think back to something you did that made you feel proud,” “think back to something you accomplished that made you feel successful,” “do something today that causes someone to say ‘thanks’,” “do something today that you can tell someone about and feel proud,” and many others. Messages that invoke episodes of self-exploration, as used herein, can include, among many others, messages that invoke thoughts about self-centeredness, self-deception, self-esteem, self-examination, selfishness, self-pity, self-respect, self-restraint, self-support, and self-will, self-worth, just to name a few. Most messages can be generalized

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in categories that fit into groups that make a user feel or think of things that make them feel mad, sad, glad, lonely, angry, and hurt.

The message **402** can be printed directly on the petal **104a**, printed on a piece of paper coupled to the layer/petal **104a**, printed on an object coupled to the petal **104a**, or any other way of attaching a message to the layer/petal **104a**. In accordance with one embodiment of the present invention, the petal **104a** is provided with an electronic display, such as an LCD screen, for example, that is able to display a message to the user. In accordance with another embodiment, as shown in FIG. **5**, a central display **502** is provided and the removal of one or more of the layers/petals **104a-n** causes a message **504** to be displayed on the central display **502**. The central display can be, for example, an LCD screen on the base **102**. In this embodiment, a central processor coupled to a memory can provide a virtually unlimited number of messages **504** on the display **502** by following a computer program. Messages stored within the memory can be updated by connection to a computer or computer network, from which new messages can be downloaded. Each one of the plurality of receiving areas **302a-n** can be provided with a switch that is coupled to the processor and causes the processor to display a message **504** on the display **502** in response to one of the layers/petals **104a-n** being removed from its respective one of the plurality of receiving areas **302a-n**.

In step **806**, the petal **104a** is once again coupled to the base **102**, this time, in a second orientation that is different from the first orientation shown in FIG. **1**. As shown in FIG. **6**, the layer/petal **104a** is coupled to one of the plurality of receiving areas **304a-n** on the side surface **303**. The layers/petals **104a-n** can also be coupled in the second orientation to one of the receiving areas **302a-n** on the upper surface **301**. This process is repeated with a different one of the layers/petals **104a-n** during one session or in multiple therapy sessions. By removing each layer/petal **104** and replacing it in the base **102**, eventually, the self-exploration therapeutic assembly **100** will no longer resemble the onion shape of FIG. **1** and will, instead, resemble a flower shape **700**, such as that shown in FIG. **7**. The term “flower shape,” as used herein, is intended to indicate any object with petal-shaped features, where one petal-shaped feature has a dimension that extends in at least one direction different from a direction of a corresponding dimension of an adjacent petal-shaped feature. One such shape is shown in FIG. **7**. It should be noted that the present invention is not limited, however, to any specific flower shape. The term “onion shape,” as used herein, is intended to indicate an object with a bulbous and somewhat smooth shape. One such shape is shown in FIG. **1**. It should be noted that the present invention is not limited, however, to any specific onion shape.

In accordance with one embodiment of the present invention, the flower shape **700** is formed by coupling a first group of the plurality of layers/petals **104a-n** to the first group of the plurality of receiving areas **302a-n** on the upper surface **301** of the base **102** and coupling a second group of the plurality of layers/petals **302a-n** to the second group of the plurality of receiving areas **304a-n** on the side surface **303** of the base **102**.

In accordance with yet another embodiment of the present invention, each layer/petal **104a-n** is rotated substantially 180 degrees from its original orientation, which is shown in FIG. **6**. This rotation can include the petal **104a-n** being turned upside down, being turned directly around to face the opposite direction, or both. In addition, in accordance with one embodiment, each layer/petal **104a-n** is deformable so that its orientation is changed simply by substantially turning the

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layer/petal **104** inside out. In other words, the bulging center portion of the layer/petal **104** is pushed through the layer/petal **104** until it bulges out in the opposite direction. This above-described deformation is illustrated within FIGS. **11** and **12**. FIG. **11** illustrates a user accessing the bulging center portion of a layer/petal **104** while in the onion shape and FIG. **12** illustrates the layer/petal **104** in a changed orientation after the user has turned the layer/petal **104** inside-out. In yet another embodiment, the layer/petal **104** is provided with a hinged connection at the junction between the layer/petal **104** and the base. In this embodiment, the change of orientation from onion shape to flower shape includes a simply a rotation of the hinged connection from a first orientation to a second orientation. In yet another embodiment, the change from a first orientation to a second orientation is a simple deformation of the pliable bendable layer/petal **104**.

As the process carries on, and the user: (1) continues to remove layers/petals **104a-n** from the base **102**, (2) reads the messages and, in some cases, (3) carries out the exercises indicated by the messages, the flower shape **700** begins to form, and the user will (4) feel a sense of accomplishment. This accomplishment, unlike the therapies of the prior art, is substantiated by physical evidence of progress along the user's journey into self-discovery.

Looking again to FIG. **8**, after the user replaces the layer/petal **104** in the base **102** in the second orientation, the flow moves to step **808** where it is determined whether or not all of the layers/petals **104a-n** have been removed and replaced in the new orientation. If the answer is yes, the exercise is complete and the process moves to step **812**, where it stops. If the answer to step **808** is no, the process moves to step **810** where a determination is made as whether or not the user wishes to continue with the therapy session. If the answer is yes, the process moves back up to step **802**, where another layer/petal **104** is removed and process starts over. If, however, the answer to step **810** is no, the exercise is complete and the process moves directly to step **812** and stops.

In accordance with an embodiment of the present invention, the messages are in the form of paper removably coupled to one of the layers/petal **104**. Once the user reads the piece of paper, the user places the paper in an inventive "wish box" that is provided to accompany the inventive self-exploration therapeutic assembly **100**. The wish box is any container that can receive and contain the completed messages. Advantageously, the user can later open the wish box and re-experience the messages, can send them to a processing station that exchange them with new messages, can trade them with a friend, or many other options. In addition to the flower shape of the self-exploration therapeutic assembly **100**, the filled wish box represents an accomplishment achieved by the user, i.e., completion of the self-exploration therapeutic assembly **100**.

Referring now to FIG. **9**, a self-exploration therapeutic assembly **900** includes a base **902**. Coupled to the base **902** is a plurality of layers/petals **904a-n**, where the number of layers/petals between "a" and "n" can be any number. Each layer/petal **904a-n** is shaped so that when the plurality of layers/petals **904a-n** are coupled to the base **902** in a first orientation, the first orientation being illustrated in FIG. **9**, the plurality of layers/petals **904a-n** together resemble an onion. Inside the onion-shaped self-exploration therapeutic assembly **900** is a message **908**, illustrated with hidden lines.

As was explained above, a user **906** is able to reorient each of the petals **904a-n** to reveal a plurality of the messages **908**. FIG. **9** shows that petal **904a** has at least three orientations, **904a1**, **904a2**, and **904a3**. In this embodiment, the second

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904a2 and third **904a3** orientations are simply a distortion of the petal from its original onion-resembling starting position **904a1**.

FIG. **10** provides a side elevational view of the self-exploration therapeutic assembly of FIG. **9** with the first petal **904a** moved to a open orientation to expose the previously-concealed message **908**, in accordance with the present invention. In this embodiment, the message **908** is shown as being printed on a tangible medium, i.e., piece of paper that can be removed from the assembly **900** and read by the user. Because the message is on a tangible medium **908**, the user **906** can keep the message, review it multiple times, save it, include it in a collection, share it, or many other uses. In one embodiment, the user can display the message on his/her social networking site, for example, as the user's "status." Once shared, other users can also enjoy the message, comment on it, or share it with their friends.

Although a physical model has been shown and described herein, the present invention can be equally embodied in a virtual model, such as one generated by a processor processing compute code and represented on a computer display. In a computer-generated embodiment, the user can remove a petal from abuse by, for example, touching the petal on a touch-sensitive display screen. The computer code can then turn the petal and couple it to the base in a second orientation and then show a message to the user. Through the implementation of software, the possibility of displaying messages is greatly expanded, as virtually any size message in any format can be displayed through the combination of computer code and the display. In addition, new messages can be received at any time through software downloads via computer readable medium or network connections, such as the internet.

An assembly for facilitating self-exploration therapy has been disclosed that encourages a user to systematically follow a path of exploration by removing layers of an onion and replacing them in a slightly different orientation to reveal petals of a flower.

What is claimed is:

1. A self-exploration assembly comprising:
a base; and

a plurality of petals each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation, the second orientation being a substantially inside out version of the first orientation, the plurality of petals resemble a flower.

2. The self-exploration assembly according to claim 1, wherein:

the first orientation is substantially between a 90 degree and a 180 degree rotation from the second orientation.

3. The self-exploration assembly according to claim 1, wherein each of the plurality of petals comprises:
a message on at least one surface thereof.

4. The self-exploration assembly according to claim 1, wherein the base comprises:

a plurality of receiving areas, each receiving area shaped to accept a portion of one of the plurality of petals.

5. The self-exploration assembly according to claim 4, wherein the base comprises:

an upper surface having a first group of the plurality of receiving areas; and a side surface having a second group of the plurality of receiving areas.

6. The self-exploration assembly according to claim 5, wherein the second orientation comprises:

a first group of the plurality of petals coupled to the first group of the plurality of receiving areas; and

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a second group of the plurality of petals coupled to the second group of the plurality of receiving areas.

7. The self-exploration assembly according to claim 4, wherein:

a first one of the receiving areas defines a first longitudinal axis; and

a second one of the receiving areas defines a second longitudinal axis, the second longitudinal axis being in a different plane than the first longitudinal axis.

8. The self-exploration assembly according to claim 1, wherein:

the plurality of petals have a first shape when in the first orientation and a second shape different from the first shape when in the second orientation.

9. The self-exploration assembly according to claim 8, wherein at least two of the plurality of petals further comprises:

a substantially concave first side of the first shape when in the first orientation and a substantially convex first side of the second shape when in the second orientation.

10. A self-exploration assembly comprising:

a base defining a plurality of receiving areas; and

a plurality of petals each having a securing member shaped to couple to a one of the plurality of receiving areas and each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation substantially opposite the first orientation, the plurality of petals resemble a flower.

11. The self-exploration assembly according to claim 10, wherein:

the first orientation is substantially a 180 degree rotation from the second orientation.

12. The self-exploration assembly according to claim 10, wherein each of the plurality of petals comprises:

a message on at least one surface thereof.

13. The self-exploration assembly according to claim 10, wherein the base comprises:

a plurality of receiving areas, each receiving area shaped to accept a portion of one of the plurality of petals.

14. The self-exploration assembly according to claim 13, wherein the base comprises:

an upper surface having a first group of the plurality of receiving areas; and

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a side surface having a second group of the plurality of receiving areas.

15. The self-exploration assembly according to claim 14, wherein the second orientation comprises:

a first group of the plurality of petals coupled to the first group of the plurality of receiving areas; and

a second group of the plurality of petals coupled to the second group of the plurality of receiving areas.

16. The self-exploration assembly according to claim 10, wherein:

the plurality of petals have a first shape when in the first orientation and a second shape different from the first shape when in the second orientation.

17. A method of conducting self-discovery, the method comprising:

providing:

a base; and

a plurality of petals each shaped so that when the plurality of petals are coupled to the base in a first orientation, the plurality of petals together resemble an onion, and, when the plurality of petals are coupled to the base in a second orientation, the plurality of petals resemble a flower;

coupling each of the plurality of petals to the base in the first orientation; and individually turning each petal inside out to achieve the second orientation.

18. The method of conducting self-discovery according to claim 17, further comprising:

reading a message coupled to a first one of the plurality of petals after individually turning the first petal inside out to achieve the second orientation.

19. The method of conducting self-discovery according to claim 17, wherein:

the message is printed on a first side of the first one of the plurality of petals.

20. The method of conducting self-discovery according to claim 17, wherein:

the message is printed on an object coupled to a first side of the first one of the plurality of petals.

21. The method of conducting self-discovery according to claim 20, wherein the object comprises:

a piece of paper.

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